



WHITEWATER PARKS AND RECREATION DEPARTMENT Youth Flag Football Rules

Last revised 8/21/11

The following rules and regulations have been established to allow participants to compete in a safe and fair environment. Participants and coaches are to be familiar with these directives. These rules may be subject to change if during the season a team gains an unfair advantage over other teams due to a given rule in the league. All coaches and players will be notified of any rule changes made during the season.

A. Field

The field shall be a 50-yard football field (not including the end zone). The field should be striped in 5 yard increments.

B. Equipment

1. The ball shall be a junior size football for the 3rd/ 4th grade league and a pee-wee size ball for the 1st/2nd grade league.
2. No equipment, which in the opinion of the referee could endanger others, shall be used.
3. Helmets, baseball hats, or pads will not be allowed. (Stocking caps are allowed)
4. Participants will not be allowed to participate when wearing jewelry, watches or any other potentially dangerous items.
5. Metal spikes or cleats will not be allowed. Rubber-soled soccer shoes may be worn.
6. Players should avoid wearing yellow & red shorts and pants.

Note : A referee may remove a player at any time for dangerous equipment.

C. Players

1. Each registered player on a team's roster must play the equivalent of half the game.
2. Teams must have a minimum of five (5) players to begin the game or a forfeit will be declared. Note: It is encouraged that if a team is short, that the two teams share players and play the game.
3. The league format is 7 player football. Both the offense and defense should line up with 7 players.
4. Four offensive players must be on or within one yard of the line of scrimmage before a play is started.
5. Quarterback may line up in the shotgun position, or under center.

D. Time

1. The game will consist of two, twenty-five (25) minute halves. The clock will run at all times except for:
 - times outs
 - 2 minute warning of both halves
 - A fumble does not stop the clock
2. There will be a five-minute break between halves.
3. In the event of a tie at the end of regulation there will be a maximum of one overtime played.

Overtime consists of four (4) plays from your opponents ten (10) yard line. Extra points are attempted after scores.

If the game remains tied, it will be recorded in the standings as a tie.

E. Time-outs

1. Each team will be allowed two, one-minute time-outs per half.
2. Substitutes must be made within thirty (30) seconds.
3. Time outs will not be granted in the final two (2) minutes to team up by eighteen (18) or more points.

F. Scoring

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|-----|-------------|------------------------------|
| (1) | Touchdown | 6 points |
| (2) | Extra Point | 1 point from (3) yard line |
| (3) | Extra Point | 2 points from (10) yard line |
| (4) | Safety | 2 points |

Note: Teams must notify officials if attempting a 2-point play.

Extra points may be scored via the pass or run.

G. Coin Toss

1. The game will not start with a coin toss.
2. The team listed as the "home team" on the schedule will receive the kick to start the game.
3. The team listed as the "away team" will designate which goal his/her team will defend.

H. Kick Off

1. Kick Offs will be from mid-field.
2. All Kick Offs will be off a tee. Tees will be provided .
3. The kick off will take place at the beginning of each half and after every score.
4. If the ball goes out of bounds, the ball may be kicked again and the kicking team assessed with a five yard penalty or may be taken where the ball went out of bounds. Should the ball be kicked out of bounds two times, the receiving team will take possession at mid-field.
5. On-side kicks are not allowed.
6. Any kick off that lands in the end zone will be considered an automatic touchback. A touchback will result in the ball being placed on the 20 yard line.

I. Line of Scrimmage/Downs

1. Four offensive players must be on or within one yard of the line of scrimmage before a play is started.
2. The offensive team has 4 downs and another 1st down can be gained by crossing the mid-field stripe. The only 1st down will be a mid-field regardless of where the offensive team starts its possession.
3. The center cannot retain the snap, the ball must be exchanged to a player in the backfield.
4. Motion is allowed, however, only one player may be in motion per play and the player can not be moving towards the line of scrimmage while in motion.

J. Flags

1. Flags may not be wrapped or tied.
2. All players must wear flags while on the field.
3. The spot on the field where the flag belt is pulled from the ball carrier is where the down ends, and the ball is next put in play.
4. It is the player's responsibility to be wearing a securely fastened belt.
5. If a player's flags are inadvertently lost, the player shall be ineligible to handle the ball. If a player without flags handles the ball, the down ends immediately.
6. All flags must be worn over the shirt and shirts must be tucked in.
7. A player may not hold or guard their flags from a defensive player. Spinning, stiff arming, or leaving your feet to avoid being deflagged are prohibited. The penalty is that the ball is blown dead at point of infraction.

K. Blocking

1. No blocking below the waist or at the backside of a player. Low and rolling blocks are forbidden. The hands must stay in contact with your body when you are blocking.
2. Down field blocking is allowed, provided it is a legal block.
3. Players shall not leave their feet on a block. The blocker must keep hands and elbows in.

L. Passing

1. All players are eligible to receive a pass.
2. All forward passes must be thrown from behind the line of scrimmage.
3. There may be more than one forward pass, forward passes must be thrown from behind the line of scrimmage.
4. If a pass is caught simultaneously by opposing players, the ball shall be blown dead and awarded to the offensive team.
5. A receiver needs only one foot inbounds for a legal catch.
6. The clock will not stop after an incomplete pass.
7. The ball must be touched by another player for the quarterback to catch a pass (the quarterback cannot throw the ball to himself to avoid being de-flagged).

M. Fumble/Dead Ball

1. All fumbles are dead when it hits the ground, ball goes back to the team that had possession of the ball at the point of the fumble, except after the 4th down.
2. The ball may not be fumbled forward.
3. A live ball becomes dead when:
 - an official blows the whistle and declares it dead
 - the ball goes out of bounds
 - any part of the ball carrier's, other than the hand or foot, touches the ground
 - a forward pass strikes the ground
 - a ball carriers flag is removed
 - an inadvertent whistle occurs
4. A fumble does not stop the clock
5. ***Please remember that if a ball carriers' knee is down, the play is over and blown dead.***

N. Defensive Restriction

1. Defensive players may not use their hands as blockers. They must attempt to avoid blockers. Incidental contact with the hands will be allowed, but should the defender gain an advantage by use of the hands, he/she will be penalized.
2. Defensive players may not impede the forward progress of the ball carrier.
3. Defensive players can not remove an offensive players flags unless the offensive player has the ball.
4. Defense must line up three yards off the ball, with an immediate rush allowed. Inside the opponents 5 yard line, the 3 yard buffer will be removed.

O. Substitutions

1. Substitutions can be made at any time and the player may re-enter the game as often as he wishes when the ball is dead. All substitutions must be made within 30 seconds.
2. All players must report from the sideline to the huddle.

P. Punting

1. There will be no punts in the 1st/2nd grade league. If a team elects to punt, the other team will take possession at their 20-yard line. The 3rd/4th grade league will punt.
2. The defense may not rush a declared punt. Any other play will be illegal once the team has declared they will punt.
3. Teams may quick (undeclared) punt, however, the defense may rush the punt.

4. The snap can be dropped and still kicked on a declared punt play. However, the defense still may not rush.
5. After a safety teams must punt from its own 20-yard line. (The offensive team will start with the ball on their 20-yard line in the 1st/2nd grade league after a safety.)

Q. Penalties

15-Yard Penalties (from line of scrimmage)

1. Unnecessary roughness (loss of down)
2. Unsportsmanlike Conduct (disqualification of coach and/or player involved)

10-Yard Penalties (from line of scrimmage)

1. Tackling ball carrier
2. Impeding the runner
3. Stiff-arming or tripping
4. Defensive pass interference (10 yards from line of scrimmage)
5. Offensive pass interference (10 yards from line of scrimmage & loss of down)
6. Illegal use of hands or arms or flailing elbows
7. Holding
8. Clipping
9. Roughing kicker or passer
10. Blocker leaving his feet

5-Yard Penalties (from line of scrimmage)

1. Delay of game
2. Kick-off out of bounds
3. Too many players on the field
4. Too few players on the line of scrimmage
5. Offsides
6. Too many timeouts requested
7. Defensive player removing offensive player's flag who does not have the ball

Note: The offended team may take or decline a penalty. A declined penalty will result in the play standing.

R. Special Rules/Helpful Hints

1. Official football rules (not in conflict with above rules) will govern all other play. The league follows high school rules, not NFL or college. Please remember that if a ball carriers' knee is down, the play is over and blown dead.
2. An emphasis will be placed on sportsmanship this season. Please remind your team of the importance of fair play and proper sportsmanship.

S. Benches

Teams should use same side of the field for bench area on the far side of the field. Please be aware of standing in front of scoreboard during play.